Table 3

Published natural vitamin D-3 and 25(OH)-D-3 content in chicken eggs[1]

Reference	Foodstuff	D-3	25(OH)-D-3
		μg/kg	*μg/kg*
Koshy and VanDerSlik (70)	Egg, yolk		5.0–8.0
Jackson et al. (68)	Egg, whole	16	
Sivell et al. (69)	Egg, whole	8–14	
Takeuchi et al. (63)	Egg, yolk	39	
Mattila et al. (66)	Egg, yolk (autumn)	40	
	Egg, yolk (spring)	56	
Mattila et al. (65)	Egg, yolk		9.8
Kobayashi et al. (27)	Egg, whole	30[2]	
	Egg, yolk	58[2]	
Mattila et al. (67)	Egg, yolk	34	9.3
Mattila et al. (38)	Egg, whole	14	3.8
	Egg, yolk (autumn)	40	10.0
	Egg, yolk (spring)	49	13.0

[1]Mean values. 25(OH)-D-3, 25-hydroxycholecalciferol.

[2]Sum of vitamins D-3 and D-2.